

## Pearl Harbor Remembered!

Much of what our country and our lives are like today were shaped by the events that occurred 60 years ago.

In the two years before the bombing of Pearl Harbor, our European allies were being overrun by the Nazi war machine. By 1941, only England remained free. To our west, Japanese military forces were steamrolling across the Pacific Rim. It was sixty years ago that America was driven onto the battlefields of World War II by a surprise attack on its Pacific Fleet anchored at Pearl Harbor.

For the people of the United States of America, December 7, 1941 marked the first of one thousand, three hundred, and fifty-one days of war. It was a war fought on every continent of the globe and it touched the lives of all who lived in that time. Then President Franklin Roosevelt called December 7, 1941, "a date which will live in infamy," and with good reason. At 7:55 a.m. on that day, the first wave of 183 Japanese planes flew across the mountains north of Pearl Harbor, then dropped down to begin bombing, strafing and torpedoing ships of America's Pacific Fleet. At 8:45 a.m., a second wave of 170 planes intensified the attack.

The assault claimed 2,403 American lives and left more than a thousand others wounded. The mighty battleship Arizona sustained a direct hit by an armor-piercing bomb, and nine minutes later went down with 1,177 sailors and marines

entombed in its hull forever. Later that morning, when the Imperial Japanese fighter planes finally turned out to sea, eight battleships had been sunk or heavily damaged along with many cruisers and destroyers. American airpower, too, was crippled. More than 325 planes clustered wing-to-wing on the harbor's surrounding airfields were destroyed. Within a matter of hours, the bulk of America's naval and air power in the Pacific lay smoldering.

On December 7th we are reminded of the almost 3,600 Americans killed or wounded at Pearl Harbor and the more than 16 million men and women in uniform who served and sacrificed during the subsequent years of our country's largest conflict. We remember all these things and all the veterans that make up the story of Pearl Harbor. A philosopher George Santayana, wrote: "Those who cannot remember the past are condemned to repeat it." These words are compelling food for thought as to why we, as a nation, should never stop remembering the epic events like Pearl Harbor that altered the course of our history, shaped our present, and continue to influence our future.



*The USS Arizona shown sinking during the raid on December 7th, 1941.*

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# *Holiday Greetings!*



Just as the holiday season presents a wonderful opportunity for each of us to visit, call or write our friends and families, it gives me an opportunity to send my best wishes to all of you.

This past year has been particularly rewarding for our health care system. I am incredibly proud of all of you through the extraordinarily difficult challenges this year brought. Your reputation for excellence remains strong. I would like to personally thank each of you for the hard work and dedication you devote to serving our veterans.

Whether you are celebrating Hanukkah, Ramadan, Christmas, Kwanzaa, or other special occasions, I wish you and your families every blessing during this special season.

Elizabeth Joyce Freeman  
Director



It is a pleasure and an honor to serve as your Associate Director. I appreciate the wonderful welcome I have received from so many of you. The VA Palo Alto Health Care System has much to be proud of and reflects positively on all of you who have made this health care system what it is today.

The new year will once more bring new challenges, new expectations and numerous obstacles to overcome but I know that this health care system will find ways to meet the challenges and continue to provide top quality health care for our veterans. It is through your continued dedication and teamwork that we will succeed.

I sincerely wish each of you and your families a joyous holiday season

John R. Sisty  
Associate Director



As another eventful year draws to a close, please accept my deepest appreciation for what each of you do, day in and day out, which makes our health care system a "Center of Excellence" for our patients and staff.

On this joyous occasion, I want to wish all of you a very happy holiday season. As we gather with our friends and families, let's take the time to give thanks for the blessings of the year just passed.

May the spirit of the season be with you today and throughout the new year. Happy Holidays!

Javaid I. Sheikh, MD  
Chief of Staff



# Enrique Vitug Joins Chief of Staff



Enrique A. Vitug has been selected as the new Health Systems Specialist for the Chief of Staff. Mr. Vitug will be responsible for a wide range of duties related to clinical programs, sharing agreements, project coordination and strategic planning.

Prior to coming to VAPAHCS, Mr. Vitug, a Captain in the United States Air Force, was the Deputy Director of Contract Operations, Chief of Health Benefits, Congressional Liaison, and Executive Officer at TRICARE Golden Gate, Office of the Lead Agent, Department of Defense Health Service Region 10, Travis Air Force Base, California. He directed the provision of health care for DOD Health Service Region 10, assuring optimum access to care and quality health

care services at the most reasonable cost for 300,000 Army, Coast Guard, Marines, Navy, and Air Force beneficiaries in northern and central California.

Mr. Vitug was born in Manila, Philippines, and was raised in Newton, Massachusetts. He graduated from Newton North High School in 1981. After stints in other career fields, he began work as a medical practice management consultant in 1990. Concurrent with this position, he attended Boston College where he earned his Bachelor of Arts degree in management in 1994. Mr. Vitug then attended an accelerated, one-year graduate program at Babson College, earning a Master of Business Administration degree in 1995, and entered the Air Force in September 1995.



## Hospice Care Center is Hub-Site for National Program

Our facility is one of six VA facilities across the nation where fellowships are available in a number of disciplines involved in palliative care, including Nursing, Social Work, Chaplain, Pharmacy and Psychology. The VA Palliative Care Program under the auspices of the Office of Academic Affiliations has designated our hospital as the hub-site for this national program. Dr. Hallenbeck will serve as the hub-site director.

The program will involve training in multiple domains relevant to inter-professional training in palliative care/end-of-life care.

These domains include:

- Psychological, socio-cultural, and spiritual aspects of end-of-life care
- Communication with patients and families
- Dying trajectories
- Pain and non-pain symptom management
- Economics of end-of-life care
- Skills in inter-professional teams
- Research in palliative care
- Leadership and teaching

Specific training sites may include the Hospice Care Center (Inpatient Hospice

Unit and Palliative Care Consult Team), Nursing Home Care Unit, Home Based Primary Care, Cardiology/CHF Clinic, Oncology Clinic, and Pain Clinic. Fellows will develop a breadth of expertise in palliative care that will allow them to provide effective assessment, intervention, and inter-professional service delivery to meet the full range of end-of-life issues. They will learn to become an integral member of inter-professional teams that share decision-making, treatment planning, and treatment implementation responsibilities. The starting date for this Fellowship is September 1, 2002.

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# December is National Drunk and Drugged Driving (3D) Prevention Month

## **The Sobering Facts About Impaired Driving**

Chances are you, a friend or a family member has been involved in an alcohol-related motor vehicle crash, resulting in personal injury or property damage. In fact, recent studies have shown that three in ten people will become involved in an alcohol-related crash in their lifetimes.

Last year alone, 15,935 traffic fatalities were attributed to impaired driving. This number represents a 3 percent decrease of all motor vehicle fatalities. The fact remains that too many lives are lost each year to a tragedy that can be avoided. That's why the National Highway Traffic Safety Administration (NHTSA) has initiated the You Drink & Drive, You Lose campaign, with the goal of reducing the alcohol-related fatalities

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**Last year alone, 15,935 traffic fatalities were attributed to impaired driving.**

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to no more than 11,000 per year by the year 2005. Through this effort, NHTSA hopes to educate the public about the dangers associated with impaired driving, creating not only a change in attitude, but also a change in behavior.

## **What constitutes impairment?**

Impairment begins with one alcoholic drink - whether it is "hard" liquor, wine or beer. Once alcohol is consumed, it is absorbed by an individual's blood system, and can be measured as Blood Alcohol Concentration (BAC). Studies show that even one drink decreases one's ability to react quickly, a factor that can prove fatal when an impaired individual gets behind the wheel of an automobile.

## **How do I know when I'm past my limit?**

While accepted BAC levels vary from state to state, the rate of absorption in one's body varies according to an individual's height, weight, experience with alcohol and food consumed prior to alcohol consumption. So it is a good idea to assign a designated driver and/or plan alternate modes of transportation when even a minimal amount of alcohol is consumed in any given situation.

## **What will happen to me if I get caught?**

If an individual is found to be impaired while driving, he/she will experience criminal repercussions. These repercussions can include fines, the loss of driving privileges, incarceration, higher insurance rates and a criminal record. Law enforcement officers are cracking down on impaired drivers, stepping up their policing activities on a regular basis, and implementing a network of sobriety checkpoints and saturation patrols throughout the year.

The question of being caught, however, is a major factor in the impaired driving problem. The public needs, instead, to ask, what will happen if I don't get caught? This answer is much more frightening, and carries with it much more dire consequences than fines, prosecution or the loss of one's license. The destruction impaired drivers inflict upon their communities is immeasurable. Everyone is affected by the impaired driver's irresponsible and malicious behavior, whether it is from higher taxes or the emotional destruction a family experiences after losing a loved one. Because no matter how you look at it, when You Drink & Drive. You Lose.

*National Highway Traffic Safety Administration,  
U.S. Department of Transportation*

# EMPLOYEE NEWS

## New Employees

Blind Rehab. Svc.  
**Sharon Hammer**

Chief of Staff  
**James Halloran**

Environmental Mgmt. Svc.  
**Cesar R. Torres**

Nuclear Medicine Svc.  
**Marie Carlisle**

Nursing Svc.  
**Josefina David**  
**Milton Johnson**  
**April Lanz**  
**Coraleen Martinez**  
**Delores M. Smith**

Nutrition & Food Svc.  
**Perlas V. Balela**  
**Ruth Trevillion**

Police & Security Svc.  
**Michael S. Waters**  
**Myrel Willeford**

Radiology Svc.  
**Patricia Spezia**

Research Svc.  
**Douglas L. Adams**  
**Janice C. Pai**

Social Work Svc.  
**Faye Johnson**

## Retirees

Engineering Svc.  
**Melba Seefeldt (37)**

Research Svc.  
**Werner Schlapfer (34)**

Surgical Svc.  
**Ronald Perry (7)**

*(Years of service are indicated in parentheses.)*



## Employee Service Awards

### 10 Years

**Lincoln Bui**  
Pharmacy Svc.

**Deanna Maples**  
Medical Svc.

**Sofya Morgan**  
Nursing Svc.

**Claudia Nervis**  
Nursing Svc.

### 15 Years

**Elizabeth Benishin**  
Medical Svc.

**Catherine Park**  
Social Work Svc.

**Laura Peters**  
Psychology Svc.

**Paulette Pierce**  
Dental Svc.

**Virginia Sullivan**  
Nursing Svc.

**Susan Ward**  
Nursing Svc.

### 20 Years

**Teresita Cardeno**  
Nursing Svc.

**Nicolasa Dumaop**  
Nursing Svc.

**Castora Feliciano**  
Nursing Svc.

**Juanita Gooden-Johnson**  
Nursing Svc.

**Nenita Mazariago**  
Human Resources Mgmt.

**Jessica McNamara**  
Vet Center

**Guy Reger**  
Police & Security Svc.

**Carry Thacker**  
Nursing Svc.

**Carol Valdon**  
Nursing Svc.

**John Woody**  
Nursing Svc.

### 25 Years

**Virginia Cox**  
Acquisition & Materiel's Mgmt.

**Ruth Cronkite**  
Research Svc.

**Wilfredo Fernando**  
Engineering Svc.

**Shirley Gardner**  
Nursing Svc.

**Kenneth Humphrey**  
Acquisition & Materiel's Mgmt.

**Eileen Mitchell**  
Nutrition & Food Svc.

### 30 Years

**Cesar Belena**  
Environmental Mgmt. Svc.

**Mary Cathirell**  
Medical Svc.

**Virginia Reed**  
Nutrition & Food Svc.

**Joe Sanchez**  
Engineering Svc.

### 35 Years

**Anna Cooper**  
Nursing Svc.

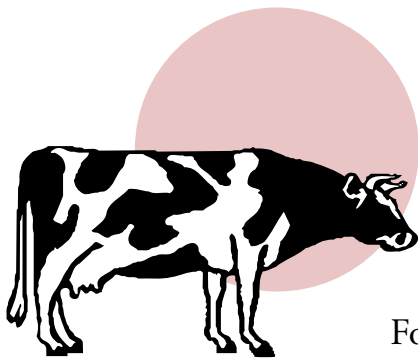
**Nick Samora**  
Nursing Svc.



# CALENDAR OF TRAINING & EVENTS

EES=VA Employee Education System • HR=Human Resources • ORM=Office of Resolution Management • TQI=Total Quality Improvement • TBA=To be announced

DAY	DATE	SERVICE	TIME	PLACE	INFORMATION
Saturday	12/1/01				World AIDS Day
Monday	12/3/01	Psychiatry	12-1 pm	Menlo Park Bldg. T321	Steve Richmond, MD TBA
Mon-Wed	12/3-5	HRMS	8 am- 4:30 pm	Bldg.101 Staff Dining Rm "Canteen, PAD"	New Employee Orientation
Wednesday	12/5/01	Psychiatry	12-1 pm	Menlo Park Bldg. 324 Rm E117	Gary Hartz, Ph.D. TBA
Wednesday	12/12/01	Psychiatry	12-1 pm	Menlo Park Bldg. 324 Rm E117	Patrick Fitzsimmons, MD Case Presentation
	12/12/01	Voluntary	8 am-2 pm	Palo Alto	Country Store
Mon-Wed	12/17-19	HRMS	8 am -4:30 pm	Bldg. 101 Auditorium PAD	New Employee Orientation
Monday	12/17/01	Psychiatry	12- 1pm	Menlo Park Bldg. T321	Ira Glick, MD TBA
Tuesday	12/18/01	Medical	11 am-12:30 pm	Bldg. 101 Auditorium PAD	Prostate Support Group
Wednesday	12/19/01	Psychiatry	12-1 pm	Menlo Park Bldg. 324 Rm E117	Gloria Kuhlman, DNSc Delirium
Tuesday	12/25/01				Christmas Day
Tuesday	1/1/02				New Year's Day
Monday	1/14/02	Psychiatry	12-1pm	Menlo Park Bldg T321 Conf. Room	Fred Luskin, Ph.D. The Impact of Forgiveness Strategies in Psychotherapy
Tuesday	1/15/02	Medical	11am-12:30 pm	Bldg. 101 Auditorium PAD	Prostate Support Group



## Country Store

**Palo Alto  
December 12<sup>th</sup>**

**10:00 a.m. - 1:00 p.m.**

Come enjoy International Foods, Boutique, Garage Sale and *more!*  
For more information please call Voluntary Service at extension 65800.

# Holiday Shopping Tips

The holiday season can be a wonderful time...but it keeps us busy. Every year consumers report problems with their holiday shopping. Here are a few ways to reduce the hassle.

First, make up a gift list and set a realistic budget before you even begin. Ask yourself what you can afford to spend on all your holiday shopping. This can help you avoid impulse gifts that are inappropriate or too expensive.

Shop smart. Try to go early in a sale at "off" hours during the day rather than during lunch hours or weekends. Waiting until the last day of a big "sale" can mean a smaller selection or disappointment if they are sold out.

Don't be misled by giant "95 percent off" sale claims or ads that insist, "We have the lowest prices in town!" Instead, shop around and compare the regular selling prices for yourself.

Before making your purchase, ask about the store's refund, exchange and layaway policies. While most stores will exchange merchandise that is not defective but may be the wrong size or color, they are under no obligation to do so. To make returning goods easier, it is very important that you save all receipts and special packaging.

If you are buying gifts by mail, paying by credit card is best. Keep a full record of all details of your order. Most companies offer last-minute overnight service at extra charge, but if your order isn't in stock you'll be scrambling for a last minute substitute. And remember, you'll have to pay shipping charges on goods you return.

When buying toys for children, make sure they are suitable for the child's age and ability level. Inspect the toys carefully. Make sure they are solidly built and safe. Consider if someone younger in the home might be injured playing with the toy when the older child isn't looking.

Always park where there is plenty of light, not only around your car, but from your car to the mall entrance. Once your car is parked, familiarize yourself with its location so you can find it without a hassle. Don't hesitate to ask for a security escort if you feel unsafe.

It's okay to let children look around and have fun while they shop, but they also need to understand that it's important to stay near their parents. It helps to bring a babysitter, friend or older child to help watch your youngest, especially when waiting in long lines.

Teach your son or daughter what to do in the event you get separated. The best option is to instruct your child to look for a security guard or police officer, or go to the customer service desk where people are trained to help.

Wear a fanny pack instead of carrying a purse. Besides allowing your hands to be free to hold onto or carry your child, you'll eliminate the possibility of leaving your purse behind or having it stolen. Only bring one or two credit cards and a limited amount of cash with you, in the case that it should get lost or stolen.

Smart shopping can make your holiday season happier than ever!

## Tips for Healthy Eating During the Holidays

If you're like most of us, the holidays can really spell disaster for your healthy eating plan. Following are some suggestions to lower the fat (and calorie) intake at your dining table.

- Baste roasts or turkeys with broth or fruit juices instead of oil or butter.
- Leave out sausage, butter, or eggs if you are making stuffing-use chopped vegetables, herbs and spices, whole grain breads, or dried fruit instead.
- Use low fat or fat free milk in your mashed potatoes and add a small amount of garlic or parmesan cheese for flavor. Mix apple cider or orange juice with your sweet potatoes and add honey or maple syrup for sweetness instead of marshmallows.
- If you are bringing a dish to share, make it a low fat dish.
- Take small portions of foods you know are high in fat. If you can't resist the desserts, have a small sliver instead of a whole slice.
- Eat a light breakfast and lunch and exercise on the day of your holiday meal. That will help counteract some of the extra intake.
- If you drink alcohol, limit the amount you drink. Alcohol has a lot of empty calories and can weaken your resolve to eat a smaller, healthier meal.

### Creamy Egg Nog

#### Prep Time

Approx. 30 Minutes. Ready in: approx. 30 Minutes.  
Makes 2 quarts (5 servings).

#### Ingredients

4 egg yolks	4-1/2 cups milk
1 (5 ounce) can sweetened condensed milk	4 egg whites
1 tablespoon white sugar	2 tablespoons rum
1 teaspoon vanilla extract	1/4 teaspoon ground nutmeg

#### Directions

In a large mixing bowl, beat egg yolks until they are thickened and light. Gradually stir in condensed milk, sugar, vanilla and milk. Beat the egg whites until stiff, then add them to the milk mixture. Stir rum into the mixture (to taste). Garnish with nutmeg



# Entertaining Patients and Staff for Years!

Wil Nichols, Environmental Management Service, has been entertaining patients and staff for ten years. His new band, "The Wil Nichols Experience" performs monthly in the Canteen at the Palo Alto Division playing Jazz and "standard music," including songs performed by singers like Sara Vaughn, Ella Fitzgerald and Nat King Cole. When not performing at the Canteen, he and his band can be found performing for the Hospice Care Center, the Western Blind Rehabilitation Center and at the Kats Restaurant located in Los Gatos.

Wil Nichols received formal education in the arts and has written music for fifty years. He began playing in his native Minneapolis, Minnesota listening to his mother, a gifted classical and gospel pianist.

The Wil Nichols Experience consists of: Wil Nichols, piano; Tim Enos, base; Tim Siefert, Drums and Cheryl Scales, vocals.

*Left: Wil Nichols on the piano accompanied by Tim Enos, base.*

## Alzheimer's Association of Northern California Seeks Study Participants

PVA Palo Alto and Stanford University School of Medicine are seeking people diagnosed with Alzheimer's Disease from the community who display a presence of delusions, hallucinations, or agitation/aggression. Agitation may be defined as abusive or aggressive behavior towards self or others. Study includes urine analysis, blood test, neurological exam, and memory testing. Participants who qualify to participate in the clinical research study of Alzheimer's medication will receive research medication and related study assessments at no charge. Contact Adi Rabb: 650-493-5000 ext. 23348 for more information. You can also visit [www.catie.unc.edu](http://www.catie.unc.edu)





# You Make a Difference!



*Submitted by our veterans and their families. We welcome more contributions from LVD, Stockton, Modesto, San Jose, and Monterey.*

**Dr. Faroud Tale-Yazdi, D.D.S., (PAD)** Dental Service, has been the key factor in my treatment. He has worked well after hours to attend to me and has given me excellent care. He truly gives that extra effort that reflects on pride and professionalism.

**Shahla Fuller, R.N., (PAD)** Nursing Service, a nurse on 2A, answered all of our questions and educated us in many areas. To the best of her ability to she helped us to assist and provide the best of comfort to our father. The VA could use 20 more like Shahla. Thank you!

**Keith Waterhouse (MPD)** Engineering Foreman, extends himself well beyond the work day to ensure the safe environment of staff and patients. He quickly responded to a leaking oxygen tank and secured the tank.

I write this letter to commend the outstanding staff of your hospital. Most specifically, **Susie Engard, Denise Renfro, Emma Stagen, Gloria Aguilar, Dr. Scott Wasserman, Dr. Thomas Alloggiamento, Dr. Jennifer Olmstead, and the Emergency Room staff (PAD)**. Both me and my cousin have been seen by the folks already mentioned. Each were very personable, courteous, respectful, while displaying the highest degree of professionalism and skill. What struck as remarkable was the depth of thoroughness and attention to detail exhibited by all of them. It is hard to think that any problem could slip by these doctors and nurses. They don't miss a thing. We appreciate them and the hard work they do. Give them a veteran's deeply felt thanks and gratefulness. You have a great staff in the Emergency Room.

**Carla Gallaway, M.D., (PAD)** Psychiatry Service, was professional and courteous in lending assistance when I was in dire need...many times over. Thanks, and may God bless.

**Shirley Schoemacher, M.D. (Stockton Clinic)** takes each patient and treats them with courtesy and professional help. **Rogernee Bussey** is always courteous and friendly. We feel she has made extra efforts finding telephone numbers for various VA clinics we needed. This has saved us time and money. We have had need of her services in other areas, which she has done in a timely manner

I would like to thank you and everyone at the **Livermore VA Medical Center** for helping my mother through her difficult recovery from surgery. It is so hard to believe that my mother is the same person who went to Livermore just two months ago. With your support, my mother is back on her feet and walking. What a wonderful place for veterans to go when they need to restore their health. Although I have seen hospitals and nursing homes before, I have never seen anything like what you do there at Livermore. You don't just do rehab, you define rehab.

**Mr. Daniel May (MPD)**, Voluntary Service, has been an exceptional volunteer for Audiology/Speech Pathology. Most recently he has been organizing information about Dysphagia studies. This catalog will be of inestimable value in allowing access to information. It is very time consuming and requires conscientious attention to detail which Mr. May provides constantly.

So many times we forget to say thank you. As I recall the progress I have made in the past 6 months, I am remembering now to say thank you. I have been blessed to have as my primary counselor **Ms. Betye Carey, (MPD-NCPTSD)** Social Work Service. Were it not for her soft and gentle manner, were it not for her vigilance and guidance, were it not for her constant support, I am certain I would not be functioning as I am today.

My brother Donald indeed rested comfortably while under your kind care. Still recovering from the grief, I may truthfully say that the **VA Palo Alto Hospice Care Center Team** remains to me a beacon of thoughtfulness, superb organization, and the sort of dedication to principle and purpose that has become, unfortunately, all too rare.

This letter is to commend enthusiastically, audiologists **Tracy Smith, (MPD)** Audiology & Speech. Pathology Service and **Deborah McMenamin, (LVD)** Audiology & Speech Pathology Service. Both of them have treated me in what I am led to call a superior, even superlative manner. Tracy, for some time, has always treated me with professional standards of the first order. I have only seen Deborah once, but I was so impressed with her service. We need more like her. I have received very fine and professional service from the Audiology & Sp. Pathology Service at Menlo Park, Livermore, and Palo Alto.

I am recovering from total hip replacement. **Eric Lipton's, (MPD)** Physical Med & Rehab Service, tone of voice and demeanor obviously exudes care, protection, and caution which puts veterans first. He gave me all the time I needed to thoroughly transfer from wheel chair to shower. He even heated towels in the dryer and closed shower doors for privacy and warmth so that I would not chill. My comforts and safety were paramount thanks to Eric.

**Volunteer Ronald Petty, (MPD)** Chaplain Service, has been initiating valuable programs at MPD. He has started a well received Bible study and often stays until 9 or 10 at night visiting PTSD patients at the National Center for PTSD. He is an important adjunct support for Chaplain Service. Thank you Ron.

# December Word Search

J	O	L	L	H	G	I	E	L	S	W	I	G	I	L	I
T	A	P	P	L	E	M	E	R	R	H	A	N	U	K	K
R	W	F	C	H	A	K	K	U	N	A	H	S	A	N	T
A	I	C	H	R	I	S	A	D	A	S	O	P	S	A	L
S	G	N	I	T	E	E	R	G	S	N	O	S	A	E	S
L	I	S	L	R	C	H	I	L	H	I	R	Z	S	E	A
S	L	E	D	E	R	U	Y	P	N	F	N	R	U	D	O
G	I	I	R	E	A	L	L	S	A	A	A	W	A	K	Z
O	A	G	E	O	L	O	E	T	W	M	M	E	R	R	Y
N	E	H	N	O	D	T	N	K	E	I	E	T	R	E	N
G	G	O	J	U	T	A	N	O	N	L	N	L	A	S	P
G	C	H	R	I	S	T	M	A	S	Y	T	O	R	N	A
E	G	Y	A	D	S	A	L	O	H	C	I	N	S	T	M
G	F	E	L	I	Z	N	A	V	I	D	A	D	D	A	D
G	R	E	D	I	C	E	L	P	P	A	G	R	E	E	T

**Find the following words in the letters above:**

Apple Cider  
Children  
Christmas  
Egg Nog  
Family

Feliz Navidad  
Hanukkah  
Jolly  
Kwanzaa  
Las Posadas

Merry  
Ornament  
Poinsettia  
Rudolph  
Santa

Seasons greetings  
Sleigh  
St. Nicholas Day  
Tree  
Wigilia



is published monthly  
by and for employees of the  
VA Palo Alto Health Care System.

Submissions should be received by  
the 1st working day of the month to  
be included in upcoming issues.  
Due to space limitations, it is not  
possible to publish all submissions.

We welcome any comments,  
suggestions or story ideas  
you may have; please contact the  
Communications Officer (00A) at  
ext. 64888 or directly at  
650-858-3925.

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**Terri Monisteri**  
**Kris Morrow**  
**Teri Ortiz**  
**Chuck Revell**

## 'Twas the night before Christmas ...



*Kris Morrow*

Well, we were  
out of your  
usual nose bulbs,  
Rudolph, but  
don't worry ...

... these new  
fluorescent bulbs  
burn just as  
bright, but use  
less energy  
... and they last  
longer, too!